

USDA National Nutrient Database for Standard Reference Release 28

Statistics Report 12140, Nuts, formulated, wheat-based, unflavored, with salt added

Report Date: October 16, 2015 21:37 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	2.50	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
Energy	kcal	622	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1984
Energy	kJ	2602	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	13.82	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
Total lipid (fat)	g	57.70	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
Ash	g	2.30	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
Carbohydrate, by difference	g	23.68	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1984
Fiber, total dietary	g	5.2	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1984
Minerals													
Calcium, Ca	mg	26	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
Iron, Fe	mg	2.40	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
Magnesium, Mg	mg	58	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1984
Phosphorus, P	mg	371	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Potassium, K	mg	318	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
Sodium, Na	mg	505	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
Zinc, Zn	mg	2.94	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1984
Copper, Cu	mg	0.180	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1984
Manganese, Mn	mg	7.919	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1984
Vitamins													
Vitamin C, total ascorbic acid	mg	0.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1984
Thiamin	mg	0.300	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
Riboflavin	mg	0.300	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
Niacin	mg	1.500	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
Pantothenic acid	mg	0.310	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1984
Vitamin B-6	mg	0.394	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1984
Folate, total	µg	142	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1984
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	142	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1984
Folate, DFE	µg	142	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2001
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/1984
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Vitamin A, IU	IU	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1984
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2009
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2009
Lipids													
Fatty acids, total saturated	g	8.701	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
14:0	g	0.094	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
16:0	g	5.957	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
18:0	g	2.687	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
Fatty acids, total monounsaturated	g	23.545	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
16:1 undifferentiated	g	0.230	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
18:1 undifferentiated	g	23.263	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
Fatty acids, total polyunsaturated	g	22.714	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
18:2 undifferentiated	g	20.974	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
18:3 undifferentiated	g	1.687	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/1984
Amino Acids													
Tryptophan	g	0.164	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
Threonine	g	0.579	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
Isoleucine	g	0.555	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
Leucine	g	0.991	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
Lysine	g	0.910	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
Methionine	g	0.279	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
Cystine	g	0.252	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
Phenylalanine	g	0.603	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
Tyrosine	g	0.484	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
Valine	g	0.729	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
Arginine	g	1.065	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
Histidine	g	0.393	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Alanine	g	0.817	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
Aspartic acid	g	1.267	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
Glutamic acid	g	2.499	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
Glycine	g	0.772	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
Proline	g	0.846	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984
Serine	g	0.696	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1984